



WADENA-DEER CREEK 5-12TH GRADES SEPTEMBER 2024 BREAKFAST AND LUNCH MENU

WELCOME



Back to School


Students eat FREE!

Breakfast is served 7:30am-8:15 am **Adult breakfast:** \$2.40 Lunch is served 10:45am-1:15 pm **Adult Lunch:** \$5.00

Yogurt Parfait offered daily at breakfast

Lunch Options offered Daily: Deli Sandwiches, assorted fresh and canned fruits as well as an assortment of fresh vegetables. and 1%, and fat free milk choices

Lactose free milk is available with written request from parents

Monday	Tuesday	Wednesday	Thursday	Friday
1 NO SCHOOL 	3 Cereal 2 oz or toast, jelly, fresh apple, orange Juice, milk Walking taco, taco sauce, salsa, Mexican seasoned rice refried beans	4 Strawberry strudel, apricots, apple Juice, milk orange chicken & rice or Bosco sticks marinara Asian blend veggies	5 French toast sticks, syrup, fresh orange, fruit punch, milk Chicken nuggets & Garlic knot, dipping sauce or popcorn shrimp, cocktail sauce & Mac & cheese Steamed green beans	6 Cheese omelet, toast, jelly, strawberries, assorted juice, milk Pizza choices Steamed carrots
9 Sausage pancake on stick, syrup, applesauce, orange juice, milk Hot dog/bun, ketchup, mustard or BBQ Rib/bun, bbq sauce Baked beans	10 Egg patty, English muffin, banana, apple juice, milk Cheese quesadilla & salsa or Roasted chicken wings & biscuit, dipping sauce Baja corn	11 Early risers hashbrown, toast, fresh apple, fruit punch, milk Sweet sour chicken & rice or Sloppy Joe /bun Roasted root blend veggies	12 Waffles, syrup, diced peaches, grape juice, milk Pizza crunchers, marinara or Tator tot hot dish & breadstick steamed peas	13 Scrambled eggs, toast, butter, diced pears, assorted juice, milk Italian dunkers Oregon medley veggies
16 Breakfast pizza, diced peaches, grape Juice, milk Corn dog or Philly Roast Beef Baked beans	17 Pancakes, syrup, fresh apple, orange Juice, milk Bosco sticks & marinara or Teriyaki chicken, Sicilian blend veggies	18 Breakfast Calzone, apricots, apple Juice, milk Popcorn chicken, dinner roll Mashed potato/gravy	19 French toast sticks, syrup, fresh orange, fruit punch, milk Lasagna rolls or Chicken alfredo casserole steamed corn	20 Cheese omelet, 1 slice toast, diced pears, assorted juice, milk Pizza choices steamed green beans
23 Sausage pancake on stick, syrup, applesauce, 1/2c orange juice, milk Cheeseburger/bun or hamburger/bun Baked beans	24 Egg patty, English muffin, banana, apple juice, milk Beef & cheese burritos or Gen Tso chicken & rice, steamed corn	25 Early risers hashbrown, toast, fresh apple, fruit punch, milk Totally taco Max Snax, salsa or Pulled pork/bun Roasted potatoes	26 Waffles, syrup, diced peaches, grape juice, milk Beef stroganoff over pasta or Chicken parmesan burger/bun steamed mixed veggies	27 Scrambled eggs, toast, butter, diced pears, assorted juice Italian dunkers, marinara sauce steamed Normandy blend veggies
30 Breakfast pizza, diced peaches, grape Juice, milk Breaded chicken patty or spicy chicken patty, wg bun, mayo or ketchup Baked fries, ketchup	Oct 1 Pancakes, syrup, fresh apple, orange Juice, milk Walking taco, taco sauce, salsa refried beans	2 Breakfast Calzone, apricots, apple Juice, milk orange chicken & rice or Bosco sticks, marinara Asian blend veggies	3 French toast sticks, syrup, fresh orange, fruit punch, milk Chicken nuggets & Garlic knot, dipping sauce or popcorn shrimp, cocktail sauce & Mac & cheese Steamed green beans	4 Cheese omelet, toast, jelly, strawberries, assorted juice, milk Pizza choices Steamed carrots

Menu is subject to change due to availability of items Questions? Comments? Call or email Sue Motzko Food Service Director 218-632-2396; smotzko@wdc2155.k12.mn.us

This institution is an equal opportunity provider

GOODBYE SUMMER...HELLO FALL!

